Wednesday's Jackpot
$3,000,000
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LOTTO 649

BELGIAN TREATS
SINK YOUR TEETH INTO GOED ETEN'S WAFFLES, FRIES {page 22}

ROCKET MAN
IT'S A DREAM COME TRUE FOR GLEE STAR {page 12}

TORONTO metro®
Tuesday, May 31, 2011
www.metronews.ca
News worth sharing.

Superbug comes to Ontario

- 19 test positive for NDM-1 in province
- Two have not been out of the country

It's a sliver of DNA that turns ordinary bacteria into superbugs and could become a new scourge in Ontario hospitals, a top infectious-disease expert says.

Originating in India and Pakistan, the tiny genetic package can worm its way into the normal bacteria in our bodies and produce an enzyme that makes them immune to major antibiotics.

Dr. Donald Low, head of microbiology at Mount Sinai Hospital, says there is little data on the damage the enzyme, known as New Delhi metallo-B-lactamase-1, or NDM-1, has caused across the Indian subcontinent. But he says evidence from Greece shows mortality rates can reach 50 per cent.

The organism is not transmitted through the air but can be passed from patient to patient through hospital workers who do not properly wash their hands.

"There is no need for the community to be concerned.... Really, the reason we put this out was to alert health-care facilities."
DR. SUSAN POUTANEN, INFECTIOUS-DISEASE PHYSICIAN AT MOUNT SINAI AND THE UNIVERSITY HEALTH NETWORK

Dr. Susan Poutanen, an infectious-disease physician at Mount Sinai and the University Health Network, says NDM-1 poses little risk outside of hospital settings.

TORSTAR NEWS SERVICE

▶ Friends, from left, Tanya Orova, Christina Marcos, Pablo Sepulveda and Roxolana Popovitch enjoy the summer-like weather yesterday down on the beach by Parkside and Lakeshore.

VINCE TALOTTA/TORSTAR NEWS SERVICE

Cool down, summer's on its way for sure

Mother Nature is planning to give Canadians a reprieve from the cool, soggy spring weather that has blanketed most of the country — but she might do it in unorthodox ways, the Weather Network said yesterday. The outlook for June, July and August calls for a rise in temperatures, but not immediately. Forecast program manager Chris Scott said the country may have a heat wave for three days and then turn quite cool before welcoming by another stretch of warm weather.

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Fuel consumption ratings based on Natural Resources Canada Fuel Consumption Website. Highway fuel consumption as low as 5.9 L/100km. City fuel consumption as low as 9.4 L/100km. Your actual fuel consumption may vary. Excludes hybrid models. ©The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. ©For more information go to iihs.org/ratings. ¥**Visit onstar.ca for coverage map, details and system limitations. Services vary by model and conditions. ††2011 Chevrolet Malibu LTZ, MSRP with freight, PDI & levies $34,589. Dealers are free to set individual prices. ♦♦Offer applies to new or demonstrator 2011 model year Chevrolet, Buick and GMC vehicles delivered between May 3, 2011 and June 30, 2011 at participating dealers in Canada. The Scheduled Maintenance program coverage expires after 36 months/60,000 km, whichever comes first, from the in-service date of the vehicle. This Scheduled Maintenance offer is a GM Canada marketing program and coverage cannot be redeemed for cash value. Program covers inspections, engine oil and filters change (up to a maximum of 6 services) and tire rotation in accordance with the vehicle's oil life monitoring system, if applicable, or as prescribed in the Owner Manual. Scheduled Maintenance services under this program must be performed at a GM Goodwrench dealer in Canada. Program excludes other replacement parts, fluids, and any "Additional Required Services" as outlined in the Owner Manual that may be identified during the inspection of the vehicle. Alternatively, a $500 manufacturer-to-dealer credit (tax exclusive) may be applied to the vehicle purchase price for customers who opt out of the Scheduled Maintenance program. Offer available to retail customers in Canada only. Offer may not be combined with certain other consumer incentives available on GM vehicles. 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After applying $1,000/$750/$500 credit, after tax price is $10,300/$10,550/$10,800 ($885/$664/$442 reduced purchase price plus $115/$86/$58 applicable taxes), with the $1,000/$750/$500 credit being the $885/$664/$442 reduction from the purchase price and the $115/$86/$58 reduction in taxes which would have otherwise been payable on the full purchase price. $500 Credit may be applied towards the purchase/finance/lease of an eligible new 2010/2011 Model Year Chevrolet Aveo, Cobalt and Cruze (excluding 1SB). $750 Credit may be applied towards the purchase/finance/lease of an eligible new 2010/2011 Model Year Chevrolet Equinox and GMC Terrain. $1,000 Credit may be applied towards the purchase/finance/lease of other eligible new 2010/2011 Model Year Chevrolet, Buick, GMC or Cadillac vehicle, delivered between February 1, 2011 – June 30, 2011. Ineligible vehicles: Chevrolet Cruze 1SB, Corvette Z81, all Pontiac, Saturn, Saab, and HUMMER vehicles, and medium duty trucks. 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Yorkville penthouse is country's priciest

A Toronto penthouse apartment has been sold for $28 million, setting a Canadian record.

The apartment occupies the top floor of a 55-storey residential building at Bay Street and Yorkville Avenue in one of the city's most posh shopping areas.

The penthouse apartment is part of a condominium development that will have a total of 210 private residences and a 253-room Four Seasons luxury hotel.

The identity of the buyer was not revealed.

The record-breaking property will be in the taller of two residential towers, which are currently under construction.

The apartment has about 9,000 square feet of living space and 12-foot high ceilings, as well as four corner terraces with a view of Toronto's skyline.

Included in the price is a separate residence for penthouse staff — in the shorter 26-storey tower of the same complex.

THE CANADIAN PRESS

CONTRIBUTED

▶ Canada's most exclusive condominium residence has been purchased by an unidentified international buyer.

Road tolls 'not going to happen'

RICHARD LAUTENS/TORSTAR NEWS SERVICE

▶ Mayor Rob Ford, right, sits with his brother, Coun. Doug Ford. Though the mayor is banking on a building boom along the new subway line, development charges — currently $5,823 on a one-bedroom condominium — generated only $90 million city-wide last year.

Coun. Doug Ford says the mayor won't support road tolls to fund the Sheppard subway extension

Doug Ford, the mayor's brother and trusted adviser, said emphatically that "road tolls are not going to happen" as a means to pay for the Sheppard subway extension.

The mayor pronounced himself "totally opposed" to road tolls during his campaign. But Gordon Chong, the Ford ally appointed to develop the business case for the 13-kilometre extension, said last week that tolls may be among the revenue-generating tools needed to raise $4 billion critics say will never be found.

The city would require provincial approval to impose tolls. Doug Ford said Chong's job is "to look at all the options," and the options he develops may be brought to council. But tolls won't be among them, Ford said.

The mayor seeks to pay for the extension via a public-private partnership. He has not explained, however, how he believes such an arrangement would work or how much corporate money it could generate.

The city hopes the federal and provincial governments will provide some of the money for the extension. It is applying for cash from a federal infrastructure fund. But that fund contains only $1.2 billion for all of Canada.

The city could also generate revenue by selling development "air rights" over stations.

TORSTAR NEWS SERVICE

Critics say...

▶ **Left-leaning council critics** of Rob Ford say the extension won't be built. And they say Ford erred in opting out of the Transit City light-rail plan, which the provincial government committed to paying for.

1

Beneath Jerusalem, a massive — and controversial — underground city takes shape.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

Advisory

The Canadian Press has issued an advisory for the Enchiladas Roll Ups recipe that appeared in Metro's Food section last Thursday. The Canadian Press directs people to check whether their slow cooker stoneware can be used on the stovetop before attempting the recipe.

If it's not original, it's just wrong.
Check in with AOL.ca for the latest news from Canada and around the world plus top news from the new HuffingtonPost.ca

AOL

Father charged in death of boy, 10

JIM WILKES/TORSTAR NEWS SERVICE

▶ A Peel police officer stands guard at 15 Homeland Court in Brampton. A 10-year-old boy died at the home Friday.

Post-mortem performed Saturday, but results will not be released, police say ◐ 'It's horrifying,' neighbour says

Garfield Boothe told neighbours in Brampton that he had brought his young son to Canada from Jamaica to give him a better life.

So residents on quiet Homeland Court were all the more horrified yesterday to learn that the father of two had been charged with second-degree murder in his son's death.

Boothe, 31, was also charged by Peel police with failing to provide the necessities of life.

Neighbour Rilla Armitage said her heart sank as police continued to work behind yellow tape, removing items from the house to a large command post vehicle parked in the court.

"We were all holding out hope that it might have been an undiagnosed medical condition or something," she told the Toronto Star.

"I'm dismayed. I'm sad that it turned out like this, of course. I wish it was something else.

"We were hoping against hope that it wouldn't be this bad."

Like others on the block, she said she was heartened to hear how Boothe had reconnected with his son in Jamaica and brought him to Canada, moving from the Jane-Finch area to their quiet suburban neighbourhood.

"It sounded like a great story," she said. "It touched all of us."

Neighbour Dan Greig agreed.

"He was so proud, telling us how his son was going to get a better education in Canada, how it was better for him here and that there was nothing for him in Jamaica," Greig said.

TORSTAR NEWS SERVICE

'Sweet little guy'

- **Shakeil Boothe, 10,** was found dead last Friday in the two-storey home where he lived with his father, stepmother and an eight-month-old sibling.
- **Police wouldn't say** how Shakeil Boothe died, but a police source said he had been severely beaten.
- **The source also** said the child's injuries went unreported for two days.
- **Police forensic officers** spent the weekend examining the home at the end of the short dead-end street near Dixie Road and Howden Boulevard.

Man wrong to take 'street justice' into his hands: Crown

A mother's anguish for her dead son brought a courtroom to tears yesterday as the man who killed him in revenge received a life prison sentence after pleading guilty to second-degree murder.

"My heart is gone. My joy is gone. Luis was my life," said Lynda Estrada-Lemmon.

Michael Struc pleaded guilty to second-degree murder in the stabbing death of Luis Estrada-Lemmon, 19, instead of going to trial for first-degree murder.

"I accept responsibility. What I did was wrong," Struc, 26, told a Brampton court before Justice Bruce Durno imposed the mandatory sentence.

"I felt the weight of my family was on me ... I had to protect my sister" from the man who allegedly sexually assaulted her, Struc said.

Under a joint submission by Crown prosecutor Steve Sherriff and defence lawyer Edward Sapiano, his parole ineligibility was set at 10 years.

In the early hours of April 5, 2008, Struc stabbed Luis Estrada-Lemmon five times, with one wound piercing his heart. The victim was ambushed at his car outside of a Brampton strip club, court heard.

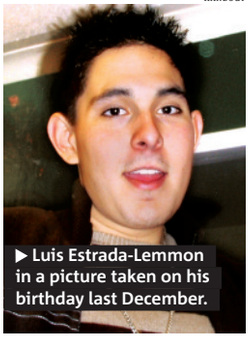
Estrada-Lemmon was lured outside the club by an exotic dancer and one of Struc's friends. Struc had discovered just a short while before that Estrada-Lemmon had been charged with sexually assaulting Struc's younger sister, Katie, on July 17, 2007. Struc went to the strip club to inflict a beating on him although he took an eight-inch combat style knife with him, court heard.

The Crown had a strong case against Estrada-Lemmon but it was wrong for Struc, no matter his reasons, to take "street justice" into his own hands before a jury could decide the case, Sherriff said.

No mention of the charge was made by Estrada-Lemmon's family in their emotional victim impact statements.

TORSTAR NEWS SERVICE

HANDOUT



▶ Luis Estrada-Lemmon in a picture taken on his birthday last December.

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Camera did not go off in Tory's pants: Party

Candidate victim of mischief after phone was stolen, says spokesman

A lewd photo posted on a Tory candidate's Twitter account has led to a tongue-in-cheek request to ban BlackBerrys in the Ontario legislature to "protect the privacy of members."

New Democrat Peter Kormos took the swipe after what the Conservatives said was an erroneous report that George Lepp's BlackBerry camera went off in his pocket and inadvertently took a photo of his penis, which was later tweeted from his account.

"Would the Speaker now and finally impose an absolute ban of BlackBerrys in the chamber to protect the privacy of members?" Kormos said to laughter from other politicians.

FACEBOOK

▶ George Lepp

Tory campaign spokesman Alan Sakach said no one ever said the picture was Lepp's, and he doesn't know where the photo came from.

"George was a victim of theft, the photograph was not his."

Sakach said the Niagara candidate's BlackBerry was stolen Saturday night when he was "bounced and jostled" by revellers from another event as he left his party's convention.

Twitterverse

George Lepp had no idea where the picture came from, and was extremely upset that it was tweeted in his name.

- That didn't stop the initial story from taking over the Twitterverse.
- "George Lepp is a little too serious about government transparency," tweeted one user.
- "Mr. George Lepp, last I checked pant pockets were not see-through," joked another.

He only found out that a tweet was posted with a link to a lewd photo when his son alerted him to it the next morning.

THE CANADIAN PRESS

PHYLICIA TORREVILLAS/FOR METRO

▶ Vancouver Mayor Gregor Robertson

WILL MAYOR BET TO WRESTLE A BEAR?

JEFF HODSON
@METRONEWS.CA

HOME ICE ADVANTAGE

Vancouver's mayor loves to bet other mayors on the Canucks' post-season fortunes. The last three years, he has disappointedly mailed off a picnic basket of local treats.

But thanks to the Canucks' playoff run, Gregor Robertson is living high on the hog (he has already won a ham from Nashville). But he seems to be running short of ideas for the Stanley Cup finals and has taken to Twitter @MayorGregor for suggestions on what to bet Boston Mayor Thomas Menino.

Ideas so far: Having the loser shave his head and — my favourite — wrestling with a bear or swimming with an orca.

JEFF HODSON IS THE MANAGING EDITOR OF METRO VANCOUVER

Afghanistan. Visit

▶ Prime Minister Stephen Harper, left, and Defence Minister Peter MacKay stand in a bunker yesterday at a forward operating base in the district of Sperwan Ghar, Afghanistan.

SEAN KILPATRICK/THE CANADIAN PRESS

Prime minister's last Kandahar tour

Stephen Harper made the trip as Canada prepares to end its five-year war to start training Afghan army and police.

Fewer died in Haiti quake than estimated: U.S. report

Far fewer people died or were left homeless by last year's devastating earthquake than claimed by Haitian leaders, a report commissioned by the U.S. government has concluded — challenging a central premise behind a multibillion-dollar aid and reconstruction effort. The report, a copy of which was obtained yesterday by The Associated Press, estimates the death toll was between 46,000 and 85,000, far below the Haitian government's official figure of 316,000. The report was prepared for the U.S. Agency for International Development but has not yet been publicly released.

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Sri Lanka's war crimes real: Official

Report to UN Human Rights Council claims that government forces targeted civilians and hospitals

A UN human rights expert says gruesome new footage from the final days of Sri Lanka's civil war is authentic and proves war crimes took place there, challenging the government's claim that videos showing the army executing captured rebels in May 2009 are faked.

The UN's independent investigator on extrajudicial killings says the five-minute video obtained by Britain's Channel 4 station corroborates an earlier, shorter video showing blindfolded, naked men being shot dead at close range.

The UN investigator, South African law Prof. Christof Heyns, said he reviewed the new footage showing the apparent execution of unarmed men and women with technical and forensic experts.

"What is reflected in the extended video are crimes of the highest order — definitive war crimes."
CHRISTOF HEYNS, UN INVESTIGATOR

"The overall conclusion reached by the experts is that the video is authentic and the events reflected in the video footage occurred as depicted," he told the UN's Human Rights Council.

Sri Lanka's government has maintained that the video is not real.

"We don't accept it. We have proven beyond any doubt that this is not authentic," said Lakshman Hulugalla, director general of the government's Media Center for National Security.

The UN estimates that between 80,000 and 100,000 people may have been killed in the war, including at least 7,000 ethnic Tamil civilians killed in the last five months of the conflict.

The UN report also accuses the Tamil Tiger rebels of recruiting child soldiers, using civilians as human shields and killing those trying to flee from their grip.

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	5:30

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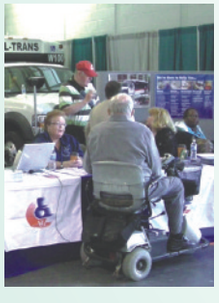

See you at the Show!

ERANGA JAYAWARDENA/THE ASSOCIATED PRESS

▶ Sri Lankan private-sector workers, led by the People's Liberation Front, shout slogans in front of a billboard of President Mahinda Rajapaksa during a recent protest in Colombo, Sri Lanka.

Protesters shot near Colombo

Sri Lankan police shot and tear-gassed an unruly labour protest yesterday, and more than 200 workers and police were wounded in the clashes, officials said.

The clash in the country's main free trade zone where many foreign investors run garment factories — the island's leading foreign exchange earner — could be a setback to the government's efforts to lure investors to a country that is reeling from the effects of a 26-year civil war.

Police Chief Mahinda Balasuriya said thousands of workers protested against a government pension proposal.

They attacked police with sticks and stones in the town of Katunayake, about 50 kilometres from the capital, Colombo.

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Travel Aug 9 - Aug 16/aa — + taxes & fees $457

Sao Paulo $779
Travel Aug 12 - Aug 30/aa — + taxes & fees $454

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Europe

London Air + First 2 Nights $279
Ibis London Earls Court + taxes & fees $522
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INCLUDES downtown accom. Departs Sep 20/ggv/ts. ADD Eurail Select Pass Saver 4 Countries from $487.

Vienna & Salzburg
Air + 7 Nights 4-Star $859
NH Salzburg, Austria Trend Hotel Favorita + taxes & fees $489
INCLUDES air to Vienna, roundtrip rail tickets from Vienna to Salzburg, 3 nights 4-star Salzburg accom and 4 nights 4-star Vienna accom. BONUS breakfast daily. Departs Jun 20/vat/ts. UPGRADE to 4-star Hotel Bellevue in Vienna for $8 per night.

Algarve Air + 7 Nights 4-Star $939
Vila Gale Cerro Alagao + taxes & fees $332
INCLUDES Albufeira accom, near the beach with breakfast daily. Departs Oct 9/thn/ts. UPGRADE to 5-star for $39 per night. ADD car rental for $22 per day.

Canada & USA

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Las Vegas Air + 4 Nights $295
Imperial Palace + taxes & fees $307
INCLUDES accom on the strip. Departs Jul 17/swg/wg. UPGRADE to 4-star Luxor Hotel from $13 per night.

Chicago Air + 3 Nights $499
Hilton Chicago + taxes & fees $122
INCLUDES accom near sights and attractions. Departs Jun 16/ggv/dl. ADD hop-on, hop-off tour for $25.

Vancouver Air + 5 Nights $759
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Russia debates abortion ban

ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

Abortion rates among the world's highest ◗ Low birth rates a concern

▶ Russian lawmaker Yelena Mizulina wants a public debate on abortions before the bill is submitted to parliament.

Russia's Orthodox Church teamed with Conservative parliamentarians yesterday to push legislation that would radically restrict abortions in a nation coping with one of the world's lowest birth rates.

The legislation would ban free abortions at government-run clinics and prohibit the sale of the morning after pill without a prescription, said Yelena Mizulina, who heads a parliamentary committee on families, women and children.

She added that abortion for a married woman would also require the permission of her spouse, while teenage girls would need their parents' consent. If the legislation is passed, a week's waiting period would also be introduced so women could consider their decision to terminate their pregnancy.

In the Soviet Union, abortion laws were liberal, and unrestricted termination of pregnancy became virtually the only method of family planning. Sex education was frowned upon.

The abortion rate has become a concern as Russia fights to stem a steep population decline.

THE ASSOCIATED PRESS

United Russia member says ban 'unrealistic'

Natalya Karpovich, a lawmaker with the dominant pro-Kremlin party United Russia, who is expecting her fifth child, said she supported stricter regulation of abortions.

But the United Russia lawmaker said banning the procedure in Russia was unrealistic and would only lead to more children whose parents were unwilling or unable to care for them.

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Royal couple's tour bypasses Toronto

Visit includes Canada Day party, ends with Stampede

ALASTAIR GRANT/GETTY IMAGES

▶ Prince William and his wife, Kate, will begin their first official overseas trip as Duke and Duchess of Cambridge in Ottawa at the end of June.

Prince William and Kate's visit to Canada will include Canada Day celebrations in Ottawa and a stop in Calgary on the first day of the Stampede.

The tour, the first official overseas trip for the Duke and Duchess of Cambridge, is to begin June 30 and conclude July 8.

The duchess is reportedly a fan of the book Anne of Green Gables, which is set in Prince Edward Island and written by Lucy Maud Montgomery.

The tour is to end in Calgary on the same day the world-famous rodeo kicks off with a parade.

THE CANADIAN PRESS

Tour dates

The royal couple's plans include:

- **Ottawa** and region from June 30 to July 2
- **Montreal** July 2
- **Quebec City** July 3
- **Charlottetown** July 3-4
- **Summerside, P.E.I.** July 5
- **Yellowknife** July 4-6
- **Calgary** July 6-8

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Germany to close all nuke plants by 2022

Country's seven oldest reactors, all built before 1980, to be shut down after problems in Japan • Plants provide 40 per cent of nuclear power

Germany's governing coalition said yesterday it will shut down all the country's nuclear power plants by 2022. The decision, prompted by Japan's nuclear disaster, will make Germany the first major industrialized nation to go nuclear-free in years.

It also completes a remarkable about-face for Chancellor Angela Merkel's government, which last year had pushed through a plan to extend the lifespan of the country's 17 reactors — with the last scheduled to go offline in 2036.

But Merkel now says industrialized Japan's helplessness in the face of the Fukushima disaster made her rethink the technology.

While Germany was set to abandon nuclear energy eventually, the decision — which requires parliamentary approval — speeds up that process.

Germany's seven oldest reactors, taken off the grid pending safety inspections following the March catastrophe at Japan's Fukushima Dai-ichi plant, will remain offline permanently, Environment Minister Norbert Roettgen said.

The country's energy supply chain "needs a new architecture," necessitating efforts in renewable energies and overhauling the electricity grid, Merkel said.

The determination of Europe's largest economy to replace its nuclear power with renewable energy sources makes it stand out among the world's major industrialized nations. Among other Group of Eight nations, only Italy has abandoned nuclear power, voted down in a referendum after the 1986 Chornobyl disaster, closing three operating reactors.

THE ASSOCIATED PRESS

MICHAEL SOHN/THE ASSOCIATED PRESS

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Auto. Repairs

▶ Chrysler Group CEO Sergio Marchionne, right, speaks with Finance Minister Jim Flaherty yesterday during a visit to a Chrysler casting plant in Toronto. They say it's too soon to tell whether the federal and Ontario governments will sell their shares in the recovering car company to Italian carmaker Fiat.

DARREN CALABRESE/THE CANADIAN PRESS

Shares with Italian flair?

Governments acquired 1.7 per cent of Chrysler shares two years ago as part of a bailout to help the company survive the economic downturn.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold contract
+ 32.07 (13,829.66)	+ 0.02¢ (102.34¢ US)	– 21¢ US ($100.38 US)	$4.563 (+ 4.5¢)	$1,539.10 (+ $2.80)

No glory for Canuck economy

102.35¢
Markets reacted negatively to the report initially, shaving one-tenth of a point off the loonie to 102.35 cents.

Canada's economy expanded an impressive 3.9 per cent in the first three months of this year, but there was little cheering in markets with the performance.

Not only was the number slightly below the four per cent consensus expectation, but the elements of growth signalled a sharp brake in the economy ahead.

The most encouraging news in the much-awaited Statistics Canada report yesterday is that the last month of the quarter — March — saw a gross domestic boost of 0.3 per cent, slightly above consensus.

"It's not just the headline that matters. It's the composition of (first-quarter) growth that is disconcerting," said Derek Holt, vice-president of economics with Scotiabank.

The composition included a heavy dose of production placed in storage, awaiting future sales, with inventory buildup accounting for three-quarters of the growth.

Meanwhile, consumers were in hibernation, contributing only 0.1 percentage points to growth, and net trade was a drag, with the solid 1.6 per cent rise in exports from the previous quarter swamped by a 2.2 per cent gain in imports. The bright spots were in business investment, manufacturing and housing.

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CTV dishes plans for rebranding A channel

The CTV television network plans to rebrand its A channel stations this fall as the CTV Two network. CTV's parent, Bell Media, says the new network will launch as the company transitions the stations to a high-definition signal.

The announcement was made yesterday at the start of "upfront" week, when many homegrown TV stations reveal their fall lineups in a bid to seek early ad deals.

Citytv announced its lineup yesterday. The Shaw schedule will be released today. THE CANADIAN PRESS

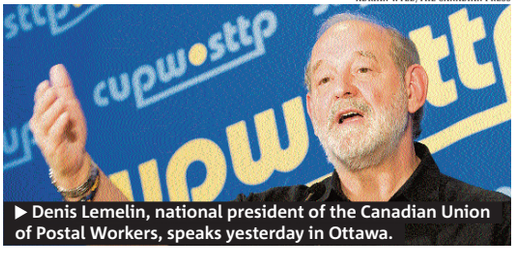
Postal union sets strike deadline

The union representing Canada Post's urban workers gave the Crown corporation an ultimatum yesterday that it will strike this week if its final offer is rejected.

Denis Lemelin, national president of the Canadian Union of Postal Workers, said the union is in a legal position to strike Thursday at 11:59 p.m. ET after turning down Canada Post's latest offer. Lemelin said the two sides have a history of reaching deals last minute, but said Canadians planning to send mail this week should consider the decision carefully.

THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS



▶ Denis Lemelin, national president of the Canadian Union of Postal Workers, speaks yesterday in Ottawa.

GIRLS' GUIDE TO SURVIVING NHL PLAYOFFS

SHE SAYS ...

JESSICA NAPIER
METRO

Say RIP to your relationship for the rest of the hockey season, ladies — your man is about to abandon you in favour of a bunch of bearded dudes on ice.

Yes, the seemingly impossible has happened; a Canadian team has made it to the Stanley Cup final. Now, it may not be "your" team, but the boys in blue and green are Canuck nonetheless, and that means that every Molson-blooded male will be taking up permanent residence on his bar stool/couch cushion of choice for the next two weeks.

A Canadian team hasn't taken home the cup since 1993, so, apparently, this is a pretty big deal. And with many hockey-loving lads still riding high off the 2010 Olympic gold medal win, it seems that people are excited about Vancouver's chances.

Personally, I feel pretty "meh" about hockey, but as someone who looks like Bambi out on the ice, I can appreciate the skill of the sport. Plus, there's fighting and beer; how is a girl going to compete with all the bruising and boozing the NHL has to offer?

"Starting tomorrow, be prepared for an absentee other half or, even worse, a living room full of rowdy puck enthusiasts with very little regard for the noise level or the furniture."

Starting tomorrow, be prepared for an absentee other half or, even worse, a living room full of rowdy puck enthusiasts with very little regard for the noise level or the furniture. Your presence will be entirely forgotten unless you're in charge of picking up the pizza.

Date nights will be replaced with double overtime. You will be subjected to endless recaps, stats and highlight reels. The sights and sounds of Don Cherry's colourful blazers and grating commentary will permeate your nightmares.

And, of course, don't expect to score unless his team does. Your sex life is about to become heavily dependent on Roberto Luongo's goaltending. If the Canucks do lose, the phrase "It's just a game" will only worsen your chances with your moody bedfellow.

So what's the best strategy when dealing with hockey-night neglect?

Stay away. Plan field trips with fellow hockey widows and make peace with the fact that you might not have a meaningful conversation with your mate until the post-season ends.

If you do find yourself staying in on game night, do your best to remember this simple commandment: Don't change the channel under any circumstances. It doesn't matter if it's The Bachelorette's "most dramatic rose ceremony ever" — if you even so much as glance at the remote during a commercial break you will be banished from your own home until after Game 7.

Read more of Jessica Napier's columns at metronews.ca/shesays

metro life panel

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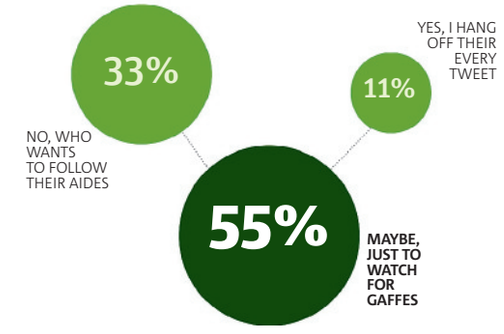

Local tweets

- **@donlandrymedia:** Apparently, Tory MPP Garfield Dunlop called Tim Hudak Tim HORTON in the legislature today. At least he didn't call him Ronald McDonald.
- **@totallyspun:** Can't even see the CN Tower from the Humber. #haze
- **@jjarmasz:** Replacing the ancient tires on my beater bike. 2 tires cost as much as what I paid for this used bike 7 yrs ago ... #bikefail #biketo
- **@jac_smalls:** Dear Prince William & Kate, can you please scratch Northwest Territories off your Canadian itinerary and come to Toronto instead?
- **@lifewisekate:** Will & Kate's Cdn tour doesn't include St. John's — do they know our grandmas account for 80% of royal plate sales?
- **@punllero:** Kate and William to attend the Calgary Stampede! Here is hoping they get them really drunk! #therealexperience
- **@kelkord:** So, Wills and Kate are hitting the Calgary Stampede. I imagine they will spend a lot of time visibly trying not to appear uncomfortable.

Worth mentioning

TOKYO. A new poll yesterday showed that more than 80 per cent of Japanese voters do not trust government information about the country's nuclear crisis.

The poll conducted by Fuji Television Network also found that nearly 85 per cent of respondents said the utility that operates the stricken Fukushima Dai-ichi nuclear plant is dealing with the crisis poorly. A March 11 earthquake and tsunami damaged crucial cooling systems at the plant, causing the worst nuclear crisis since Chornobyl. The twin disasters left more than 24,000 people dead or missing in northeastern Japan.

Eighty-one per cent of respondents to the survey said they did not trust government information about the crisis, Fuji TV said. Seventy-eight per cent said Prime Minister Naoto Kan lacked leadership in handling the disasters.

Kan is facing calls for his resignation even within his own ruling party. Opposition parties are expected to submit a no-confidence motion against him as early as Thursday.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder

WEIRD NEWS

It was close to a one-way ticket to a kitchen

Railway officials recently discovered snakes on a train in Vietnam — highly venomous king cobras in bags under a seat.

Railroad official Pham Quynh said passengers were terrified when four cloth bags containing the writhing cobras were spotted Friday. The snakes were alive but had their mouths stitched shut.

Quynh said the exact number of snakes was unclear, but the bags weighed 45 kilograms.

Security staff removed the cobras, which were likely destined for restaurants in Hanoi. Their owner apparently escaped in the chaos.

Snake meat is considered a delicacy in Vietnam, but cobras are protected by law.

Quynh said the cobras were given to forest rangers who released them into the wild Saturday after no one claimed them.

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2 scene

Morrison gets to sing with his idol

Glee star paired with Elton John for two songs on his new album
Actor has been involved in music theatre since he was a teen

KAREN BLISS
SCENE@METRONEWS.CA

Glee star Matthew Morrison sings Somewhere Over The Rainbow with Gwyneth Paltrow on his self-titled debut album, but the dream he dared to dream, that really did come true, is singing with the legendary Elton John. The two recorded an epic medley of John's Mona Lisas and Mad Hatters and Rocket Man.

"I wanted to pay homage to one of my favourite songwriters," says Morrison, who had the good fortune to be in the studio with John for the tracking. "It was pretty surreal. I don't know how to describe it. I didn't really take in the moment until maybe a couple of days afterwards, where I was like, 'Did that actually happen?' It felt like a dream.

"I listen to that song now and his voice is so awesome, and then his voice fades out and then mine comes in and it's like, 'Woah!'"

Sting also joins him on Let Your Soul Be Your Pilot but the rest of the songs are solely Morrison. Some of the songs the 32-year-old co-wrote, including the album's lead single, Summer Rain.

"I thought that the first single had to start in a really kind of light poppy fun place," he says.

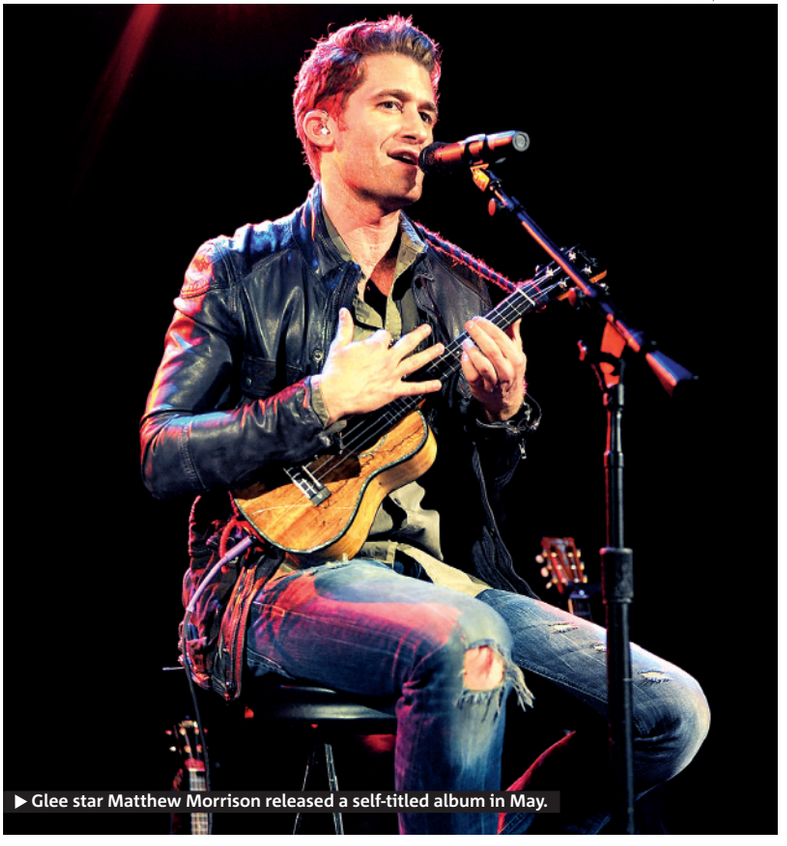
Morrison has worked in musical theatre since his teens and never before released an original album (he's been on Broadway albums). He realizes his role on the hit TV series as teacher and glee club director Will Schuester has opened doors he wouldn't normally have on a debut album, including bypassing club shows for theatres and an opening slot on the New Kids On The Block/Backstreet Boys tour.

"I have a whole band, an 11-piece band, a horn section," he says of the costly configuration. "I want to do it right and luckily enough from being on Glee, I think I have more of a support system behind me."

Boy band

LMNT. Matthew Morrison reveals he was once in a boy band called LMNT, complete with matching outfits, but quit before ever recording with them. "You know as a performer when you're embarrassed to be onstage doing the wrong thing," he explains. "It felt so contrived. It was back in 1999 or something where you couldn't throw a stick and not hit someone in a boy band (laughs)."

EUGENE GOLOGURSKY/GETTY IMAGES



▶ Glee star Matthew Morrison released a self-titled album in May.

Scene in brief

PBS officials say hackers have cracked the network's website. The hackers apparently posted a phoney story claiming dead rapper Tupac Shakur was alive in New Zealand. The phoney story had been taken down as of yesterday.
THE ASSOCIATED PRESS

Colombian popstar Shakira says she's considering doing songs, maybe album, in Arabic. Scan code for story.

Citytv shows off its talent

Network snatches TV shows from big Hollywood names for schedule Also debuting Canada's Got Talent

TV shows from Hollywood heavyweight Steven Spielberg, Lost creator J.J. Abrams and The Dark Knight writer Jonathan Nolan are coming to Citytv this fall.

The network's 2011-12 schedule features several buzzed-about programs, including Spielberg's long-awaited dinosaur drama Terra Nova and the Abrams thriller Person of Interest, written and co-produced by Nolan.

Abrams' prison drama, Alcatraz, is slated for a midseason debut.

Citytv is the first of the homegrown outlets to reveal its upcoming slate of shows, a spring tradition that typically involves a parade of new and returning stars as broadcasters seek early ad deals.

The actor who plays Manny on Citytv's returning hit sitcom Modern Family is among the celebrities expected to help preview the lineup, which includes six new dramas and five new comedies.

New dramas include The Playboy Club, Revenge, and the midseason series Scandal. New comedies include 2 Broke Girls, New Girl, Suburgatory, Last Man Standing and the midseason Apartment 23.

▶ Sarah Jones and Jorge Garcia star in Alcatraz, a new TV show created by Lost's J.J. Abrams.

New Canadian series include Canada's Got Talent and Secret Millionaire Canada.

"We are excited to be launching a competitive schedule that balances the proven strength and stability of returning hits with innovative new programming," Rogers president Scott Moore said Monday in a release.

Rogers Media was reportedly the biggest Canadian buyer of U.S. shows in Los Angeles last week, when the company sought fresh fare for its Citytv stations.

Its fall lineup includes four shows that previously aired on other networks — Raising Hope, The Middle, Private Practice and Shameless.

Shaw Media plans to reveal its Global TV lineup today while market leader CTV will announce its schedule Thursday.

CBC-TV details its slate June 8.

Citytv's schedule also features the return of dramas Body of Proof and Fringe and returning comedy series, Happy Endings, How I Met Your Mother, Rules of Engagement, Parks and Recreation and Community.

Rico Rodriguez, who plays the wise-beyond-his-years tween on Modern Family, will be joined by Happy Endings principal Elisha Cuthbert during a presentation at a downtown theatre.

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Bardem brings best

Biutiful
Genre: Drama
Director: Alejandro González Iñárritu
Stars: Javier Bardem, Maricel Álvarez, Hanaa Bouchaib
●●●½

Javier Bardem talks to ghosts in Biutiful, a starkly emotive film by Alejandro González Iñárritu where the physical and metaphysical realms seem equally desperate.

The ability of Bardem's grifter character Uxbal to commune with the dead is actually the most calming and least gloomy aspect of a film awash in misfortune and tragedy.

Ironically titled and deliberately misspelled, Biutiful grimly trawls the shadows of illegal immigration, poverty, police corruption, marital and parental dysfunction and mental and physical ills in the shabbier section of Barcelona, where Uxbal and his family live.

Uxbal is like a walking ghost himself, having just received a drastic cancer diagnosis. His long hair streaked with grey, his handsome features drawn by fatigue and poor health, he's the antithesis of the sexy charmer Bardem played in last summer's Eat Pray Love. But he's paradoxically far more attractive as a person and interesting as a character.

Even at a running time of 148 minutes, Biutiful at times seems like a slightly truncated version of what Iñárritu might have originally planned. Yet the loose ends don't matter when you have a performance as strong as Bardem's.

Extras include a making-of featurette.

PETER HOWELL

Drive Angry
Genre: Sci-Fi, Thriller
Director: Patrick Lussier
Stars: Nicholas Cage
●●½

Drive Angry is a movie that should STFU — and by that I mean, "Stop Talking Fellows, Understand?"

It's a supernatural road thriller starring Nicolas Cage, sizzling celluloid of a type normally relegated to drive-ins, grindhouses and other down-market retreats where the popcorn is served with buckets o' blood.

Such films are not, God forbid, supposed to be showcases of snappy dialogue, especially when the dialogue snaps like a worn rubber band. When in doubt, say nothing and just cock your gun.

Drive Angry's director Patrick Lussier (Dracula 2000) can't seem to resist including every one of the macho mutterings he and co-writer Todd Farmer scribbled into their notebooks.

Thus a movie that could have left skid marks on our psyche — in 3-D no less — instead drives us to distraction with verbose line readings that kill momentum worse than a police flashlight shining through a parked windshield.

Each and every tortured soul in this Satan Get Your Gun farce feels compelled to explain to every other tortured soul what terrible thing is about to happen.

The failure of people to STFU is compounded by Cage phoning in yet another performance, as he continues to make us forget he ever won an Oscar.

The only thing that keeps Drive Angry from being completely derivative road stew is William Fichtner's hilariously deadpan portrayal of The Accountant, Satan's right-hand man, the guy who collects stray infidels. He's the funniest satanic figure since Mr. Skin in Bruce McDonald's Highway 61, and that was 20 years ago.

Extras include a commentary by Lussier and Farmer, deleted scenes and making-of featurettes.

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Good Neighbours aims to make you uncomfortable

Canadian actor Baruchel teams up again with The Trotsky director for a very different type of movie

RICHARD CROUSE
SCENE@METRONEWS.CA

▶ Jay Baruchel stars in Good Neighbours, which opens Friday.

Good Neighbours is the second collaboration between Montrealers Jay Baruchel and director Jacob Tierney, following up last year's high school comedy The Trotsky. Baruchel says their connection began because "we are both rabid Habs fans and movie nerds" but solidified on set.

"I embarrass him when I say this but he's probably the best director I have ever worked with," Baruchel said. "I don't mean to take anything away from the guys I've worked with but I've never seen such an uncommon combination of definitive vision, open mindedness and an ability to let others contribute. That's the key and that's why we made an awesome movie."

Set in Montreal's Notre-Dame-de-Grâce neighbourhood the movie mixes and matches Rear Window, Twin Peaks and, according to Baruchel, "a really uncomfortable sense of humour."

Don't expect the sunny Ferris Bueller optimism of The Trotsky. Good Neighbours involves three young Montrealers, the wheelchair bound Spencer (Scott Speedman), cat lover Louise (Emily Hampshire) and Victor, an earnest school teacher played by Baruchel. As their lives become entwined it becomes difficult for them — and the audience — to know who to trust. Good Neighbours also features a murder Baruchel calls "if not the goriest, then the most uncomfortable death scene in any movie this year."

There's that word again, uncomfortable.

"It will be polarizing," says Baruchel, next seen in Goon, a hockey comedy he wrote and stars in, "but I think this movie really gets under your skin."

It's also the kind of movie that probably wouldn't easily find funding in Hollywood.

"The main reason this would never get made stateside is that it leaves too much up to the audience," says Baruchel. "The studios don't like that. They like to kind of give you a road map and let you know when you are supposed to be sad or happy and who you are meant to root for. Some people will say that my character is so lovely and sympathetic and others think he's really creepy. Your life will inform how you see our movie."

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Hart comes out of self-imposed exile

Corey Hart says that dozens of artists — including the high-profile likes of Sean (P. Diddy) Combs and Canadian songstress Nelly Furtado — have asked him for permission to recycle his '80s hits for new songs, and he's always said no.

That is, until he met Marie-Christine Depestre. The chanteuse — who shares Hart's hometown of Montreal and drops her surname when performing — was completely unknown before Hart scooped her up as the inaugural signing on his record label in 2007.

Her debut album came out this week, and the opening tune is Girl in Shades, a re-interpretation of Hart's star-making '84 smash Sunglasses at Night.

While Hart long resisted allowing artists to repurpose his songs — the industry word is "interpolation" — he said this time, it simply felt right. And it helped that he was co-producing the track.

"All this time I've been saying no and not making any money — (and with) three (daughters) who want to play pro tennis, it costs a lot of money — and now I saw and understood the method to the madness: it was saved for her," Hart said this week in Toronto, with his protégé seated next to him.

"So I rewrote lyrics and changed a few things in the melody and the structure, worked with a super-talented guy in DJ Champion ... and this lady sings it to heaven."

CHRIS YOUNG/THE CANADIAN PRESS

▶ Canadian singer-songwriter Corey Hart with his protégé Marie-Christine.

It was that voice that initially attracted Hart to Depestre.

The 29-year-old had languished for nearly a decade as a backup singer, relegated to the background of studio sessions and live performances, when Hart approached her out of nowhere about collaborating.

Needless to say, she was floored.

"It (was) almost unbelievable, you know what I mean?" she recalled. "In the first moment, you're like: 'Wow, is this really going to happen?' But at the same time, it's like: 'Let's go!' It's now or never basically. You can't not take the chance." THE CANADIAN PRESS

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Lively is being 'wooed' by Leo

KIYOSHI OTA/GETTY IMAGES

▶ Leonardo DiCaprio

Leonardo DiCaprio's European tour with rumoured girlfriend Blake Lively continues, though the pair are doing their best to not be seen together.

After a trip to Italy, DiCaprio and Lively returned to France, where they were twice spotted leaving the Saint-Paul de Vence hotel in Saint-Paul separately, according to Us Weekly.

The next day, they returned to Cannes, where they were first spotted together two weeks ago, and boarded a yacht.

"Blake is definitely being wooed," a source says.

"This could be the beginning of something."

METRO

Celebrity tweets

@kathygriffin

Sleeping off Paula Deen's home made cinnamon buns in her grandkids bunk beds!

@justinbieber

1200 feet in the air....not the best feeling. lol

JOHN SHEARER/GETTY IMAGES

▶ January Jones

Jones won't snitch on her baby-daddy

January Jones has remained mum on the identity of her unborn baby's father, but E! Online reports that it may be her X-Men: First Class director, Matthew Vaughn, who is currently married to Claudia Schiffer. Sources say Jones and Vaughn shared a "very close" relationship on the film's set, and Schiffer and Vaughn also reportedly abandoned their rented home in Beverly Hills around the time Jones revealed she was pregnant.

Lawyers for Vaughn tell Page Six that the report is an "absolute lie." METRO

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3 life

Body issues

One third of women on university campuses would trade one year of their life to get their ideal body weight and shape, according to a new study in the U.K. And almost 40 per cent would have cosmetic surgery if money wasn't an issue.

CELIA MILNE

A new tool being used for fighting oral cancer

ISTOCK PHOTOS

▶ Want to meet girls? Try the brooding approach, a new study suggests.

Stop smiling gents

New study out of Vancouver finds that happy-looking men appear less attractive to women

CELIA MILNE
LIFE@METRONEWS.CA

Smiling is attractive in women, but in guys — not so much.

An intriguing new study done by psychologists in Vancouver has found that when it comes to attracting women, happy-looking men may finish last.

"There are major differences in the ways emotions affect attractiveness in the two genders," lead author Jessica Tracy told Metro. "When women smile and show happiness, men find that the most attractive. When men smile and show happiness, women find that the least attractive."

Tracy, who is a professor of psychology at the University of British Columbia in Vancouver, along with graduate student Alec Beall, undertook two studies which included a total of 1,041 people. Subjects were shown hundreds of photographs of the opposite sex displaying either happiness (big smile), pride (puffed-out chest), shame (head down) or neutrality (no expression). The photo viewers were asked, "How attractive do you find this person?"

"There are major differences in the ways emotions affect attractiveness in the two genders"
DR. JESSICA TRACY

Results indicated women were most attractive showing happiness and least attractive showing pride. Men were most attractive when showing pride and least sexy showing happiness. Surprisingly, among young women looking at photographs, even men showing shame were more attractive than men showing happiness.

What's wrong with smiling men? It could be that since men are assumed to be sexually receptive, when they smile, they seem needy or desperate. Women prefer the bad-boy look.

"Men who show pride are tough, strong and powerful and women find that attractive," says Tracy.

Since the study involved photos, it only reflects people's first impressions.

"In dating there are lots of other things at play," says Tracy. "It may be relevant only in situations where you only show a photo, such as online dating."

Future studies will explore gay reactions.

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Let them eat carbs

Carbohydrates are no longer the enemy A diet high in resistant starch is the latest way to narrow that waistline Make sure to pass the breadbasket please; it's OK, I'm on a diet

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Carb. This nasty four letter word has for too long been associated with gluttony and weight gain. It's both the ultimate comfort food and the reason why we shudder at the thought of chewing on a bread roll. Anyone that has sacrificed hearty bowls of pasta for celery sticks, listen up. The Carb Lovers Diet, written by nutritionist Frances Largerman-Roth and Health magazine editor Ellen Kunes, maintains that the secret to long-term weight loss is a diet rich in non-refined carbohydrates.

"For 20 years diet experts and the media have spread the word that carbohydrates are bad for our health, raise blood sugar levels and make us fat," says Largerman-Roth. "So called healthy diets have supported protein rich plans such as Atkins and South Beach and totally shunned potatoes, bread and pasta."

And yet...

Carbs are stars

The Carb Lovers Diet revolves around eating foods rich in resistant starch, a type of carbohydrate that isn't digested in our small intestine, leaving us feeling fuller for longer.

"There has been such a carbs backlash but research shows that people who ate the most carbs weighed less."

LARGERMAN-ROTH

Calorie consumption is naturally curbed as the starch acts as an indigestible, filling fiber. Eating around 15 grams of resistant starch a day also triggers a fat burning enzyme in the body, increasing your metabolism. It's a balanced diet where you learn to eat a healthy amount of good fats, protein and fiber.

"We want people to eat normally and get the right carbs back onto their plates for good," explains Kunes.

When people do eat carbs, they tend to eat the wrong kind. Refined carbohydrates, such as white bread and pasta, are super junky and immediately converted into glucose, leaving you feeling hungry again two hours later.

The carb calculator

Sticking to the plan could have you losing up to eight pounds in 30 days. This is no pasta party. In the initial 'detox' phase, calories are restricted to 1,200 (average weight loss is six pounds) and gradually increased to 1,600 a couple of weeks later. Men on the plan should add 500 calories on to each phase. Portion control is a big part of the plan's success, as is one's ability to get over their innate fear of carbs.

"There has been such a carbs backlash but important research shows that people who ate the most carbs (in countries such as Japan) weighed the less overall and vice versa," says Largerman-Roth.

On the Carb Lovers Diet people finally get to eat what they crave — stars include green bananas, oatmeal, sourdough bread and more — just minus the guilt.

▶ Enjoy that slice, Heidi. Just pay attention to your calorie count.

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- **Lunch:** Pesto Turkey Club: pumpernickel bread, apple and turkey (2.6g resistant starch).
- **Dinner:** baked two cheese penne with roasted pepper sauce (2g resistant starch).
- **Drink:** fat flushing green tea cocktail — 8 cups of brewed green tea, juice of 1 orange, 1 lemon and 1 lime.

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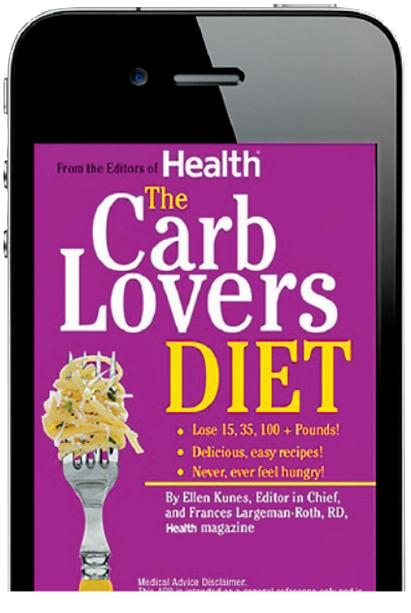

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Obesity
You have more than the common cold to worry about as experts claim that obesity could be contagious. Hanging out with family or friends that are overweight could be distorting your perception of what being a 'normal' size really is. There could also be a tendency to eat more when dining out.

The cuddle chemical

A new pill containing the 'cuddle chemical' oxytocin could help prevent post-natal depression, currently affecting 20 per cent of mothers in the United Kingdom.

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Bad memories

Drug to reduce stress hormones may lessen impact of bad memories, stop them from re-forming: study

A Canadian study suggests a drug used to decrease stress hormone levels may also limit the long-term impact of bad memories, a finding that could potentially benefit individuals who have suffered psychological trauma.

Lead author Marie-France Marin, a doctoral student at the University of Montreal, said researchers knew there was a close link between memory and cortisol, a stress hormone involved in memory recall.

"We knew that lowering cortisol levels at the time of learning a new event will decrease the formation of that memory," said Marin, based at the Centre for Studies on Human Stress of Louis-H. Lafontaine Hospital. "However, for a very long time, we thought that any effect on memory after it has stabilized in the brain would be temporary."

HANDOUT/THE CANADIAN PRESS

▶ Study lead author Marie-France Marin.

Marin said previous studies have challenged the theory memory isn't changeable by demonstrating that each time an already-acquired memory is retrieved, it makes the memory active again in the brain.

"At the time of reactivation, we can act again on that memory trace in order to change it in a long-lasting manner, so basically we have a second window of opportunity to change memories."

THE CANADIAN PRESS

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3. Press the tailbone toward the pubis and lift the pubis toward the navel. Narrow the hip points. Firm but don't harden the buttocks.
4. Firm the shoulder blades against the back and puff the side ribs forward. Lift through the top of the sternum but avoid pushing the front ribs forward, which only hardens the lower back. Look straight ahead or tip the head back slightly, but take care not to compress the back of the neck and harden the throat.
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Miso adds special flavour to meatless burgers

THE CANADIAN PRESS/ HO

▶ This recipe takes 25 minutes to complete and produces eight sliders.

Made from ground chickpeas, these patties are traditionally fried but can also be cooked in a skillet or baked. And because chickpeas are agreeable to a broad range of flavours, it's easy to play with the seasonings and other ingredients.

Preparation:

1. In a bowl, whisk 30 ml (2 tbsp) of the miso and mayonnaise. Set aside.
2. In a food processor, combine chickpeas, remaining miso, cilantro, olive oil, garlic powder, five-spice powder, salt, pepper and lemon zest. Pulse until coarsely chopped.
3. Form mix into 8 patties about 7.5 cm (3 inches) around and about 4 cm (1 1/2 inches) thick. As you are forming patties, firmly pack with fingers.
4. Place breadcrumbs in shallow bowl. One at a time, set each patty in bowl; pat breadcrumbs onto all sides.
5. In large skillet over medium-high, heat 15 ml (1 tbsp) of the sesame oil. Add patties and cook until browned and heated through, 3 to 4 minutes per side. If patties start to stick, add another 15 ml (1 tbsp) of oil when flipping.
6. Serve burgers on buns topped with miso-mayonnaise, lettuce and tomato.

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Ingredients:

- 120 ml (8 tbsp) sweet white miso, divided
- 125 ml (1/2 cup) mayonnaise
- 2 cans (398 ml/14 oz) chickpeas, drained
- 75 ml (1/3 cup) chopped fresh cilantro
- 50 ml (1/4 cup) olive oil
- 10 ml (2 tsp) garlic powder
- 5 ml (1 tsp) five-spice powder
- 5 ml (1 tsp) salt
- 2 ml (1/2 tsp) ground black pepper
- Zest of 1 lemon
- 375 ml (1 1/2 cups) panko breadcrumbs
- 15 to 30 ml (1 to 2 tbsp) sesame oil
- Sliced tomato
- Leaf lettuce
- 8 mini burger buns

Discovering the joy of tasty Belgian eats and treats

Goed Eten serves up items such as Brussels style waffles and Belgian fries

LUNCH RUSH

STEPHANIE DICKISON
FOOD@METRONEWS.CA

Ossington is tightly packed with cool food joints. Does it really need another?

If it's Goed Eten, then yes. Run by the same folks of Le Petit Dejeuner, Belgian treats abound — poutines drenched in gluttonous offerings, Brussels style waffles made to order, all day breakfasts and sweets such as ice cream and maple syrup — to start your day!

An intriguing choice is the Waffle Pressed Sandwich. Peameal bacon, egg and three cheeses ($5) are compressed between two slices of egg bread that have been "waffled." It doesn't even need a lick of ketchup.

Sandwiches continue to pique our interest with Home Smoked Salmon and Cucumber ($6) on homemade bread. Marie Rose sauce (ketchup and mayo), matchsticks of fresh apple and richly-flavoured salmon elevate it beyond the ordinary.

Skip the greasy Belgian Fries with Mayo ($4) and load up on large glasses of fresh juice ($3) instead. The Tangerine is magnificent.

STEPHANIE DICKISON

▶ Waffled Pressed and Home Smoked Salmon sandwiches.

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goedeten.ca
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THE CANADIAN PRESS HO/ NATIONAL WATERMELON PROMOTION BOARD

Watermelon Aqua Fresca

Preparation:

1. Blend half of watermelon pieces with 125 ml (1/2 cup) of the water until smooth. Strain into serving pitcher. Repeat process with remaining watermelon and water. Add lime juice and honey. Stir until blended. Pour into ice-filled glasses nd garnish with watermelon triangles skewered with lime wedge.

Ingredients:

- 1 l (4 cups) watermelon, cut into chunks, divided
- 250 ml (1 cup) cold water, divided
- 15 ml (1 tbsp) freshly squeezed lime juice
- 15 ml (1 tbsp) honey
- Ice cubes
- Garnish: Watermelon triangles, lime wedges

THE CANADIAN PRESS/ WATERMELON.ORG

PROOF THAT DATING SITES WORK

Names:
David, 47, and Mable, 42

Hometown:
Edmonton

Together since:
2002

Their story:

CONTRIBUTED

▶ David and Mable

It was July 2002, and I (Mable) had just requested a leave of absence from work to travel to India and Southeast Asia for six months.

Just for fun, I signed up with Lavalife and started casually dating before I left.

None of the guys seemed right for me until I met David. Three weeks before my September departure date, I had practically moved into David's place.

D-Day was approaching, and we had to decide what to do about our relationship. I told David it was OK for him to move on with his life; he didn't have to wait for me. Instead, he decided to join me for six weeks around Christmas.

It was very sad when it came time for me to leave, but I knew I would see him in less than four months.

When he joined me over the holidays, we were both amazed at how well we travelled together. Backpacking in Asia can be very challenging, and he did extremely well considering he had never travelled overseas before.

When it came time for him to leave, we were both in tears again, but we knew we'd see each other in six weeks. The trip had gone so well, we knew we'd be together for good. It was the longest month and a half of my life, and my enthusiasm for travel just wasn't the same without him. When I returned home in late February 2003, we went back to living together. David proposed a few months later, and we were married in September that year. We now have a very bright four-year-old, Charlotte, who keeps us laughing and on our toes.

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Lessons from Mum's envelope

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Last week I was the MC of the joint FCAC-OECD Partnering to turn Financial Literacy into Action conference held in Toronto. There were more than 400 delegates from all over the world.

As part of my introductory remarks I told the story of growing up in the 1950s in Canada, the daughter of an air force officer and a stay-at-home housewife. My dear old dad was the absolute monarch of our family finances. He got his pay on the last Friday of every month and immediately deposited it in the bank.

He kept some cash for himself and placed some more in a plain white envelope, which he sealed and bestowed upon my mother as she mixed their Friday night Manhattans.

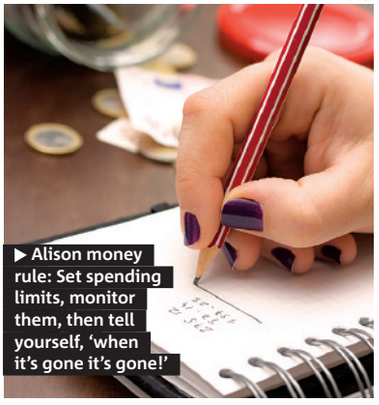
Mum guarded her housekeeping money zealously. I never knew how much he gave her, and that envelope was a source of endless mystery to me.

In those days, a woman was considered a poor housekeeper and wife if she couldn't make the money last until the end of the month. If she was particularly careful, there would be some left over, and she could use that for herself.

My mother was quite brilliant at squirrelling away nickels and dimes for an extra visit to the hairdresser.

Looking back, I told the delegates, I think that if all the world's financial affairs had been turned over to women of the "housekeeping money" generation, there would have been no sovereign defaults, no asset-backed commercial paper debacle, no subprime mortgage meltdown.

ISTOCK



▶ Alison money rule: Set spending limits, monitor them, then tell yourself, 'when it's gone it's gone!'

And most certainly no budget overruns!

I have this image of a woman, like my late mother, passing out envelopes to government ministers, banks and other corporations and issuing a stern warning: "When it's gone, it's gone. Don't bother coming back for more!"

Throughout the conference my mother's envelope took on a life of its own. Numerous delegates came to tell me that it had been raised in their workshop and a number of presenters wove it into their speech.

I think the message is that something as tangible as cash in an envelope, designated for a certain purpose, provides the kind of spending limit no debit or credit card can do.

Maybe it is time to turn back the clock.

Financial literacy

For financial literacy resources visit the Financial Consumer Agency of Canada at fcac-acfc.gc.ca/.

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Will home work?

Tough it out and talk about telecommuting

DREW HINSHAW
LIFE@METRONEWS.CA

ISTOCK

▶ Don't forget to tell your boss why this change could benefit their business as well.

Talking the office naysayer into allowing the occasional telecommute can require exhausting acts of persuasion, career counsellors say.

"It really is about convincing the boss," warns Tory Johnson, co-author of Will Work From Home.

To accomplish that, she adds, you'll have to come with a well-prepared pitch. Keep these tips in mind.

Start with a Short Term Try-Out Don't approach your boss requesting a permanent change of scenery, Johnson cautions.

"It's a lot easier if you are initially focused on a trial period," she says.

Plus, Career Builder.com career coach Alison Nawoj adds, that will afford you the opportunity to prove yourself.

"Your boss may have concerns that you don't have good self-discipline," she says. "This is a chance to convince them you're a self-starter."

Ask Not What Telecommuting Can Do For You "Whatever benefits you come up with should center on how this can help your employer, not how it can help you," Nawoj offers.

Those benefits abound, Johnson adds.

"For example, if you have a two hour commute, be willing to give up half that commute time just to start working earlier," she says.

Show that You've Thought it Through "Recognize that the onus, at least in the beginning, is really going to be on you," Johnson says. "Do you have the right equipment? Do you have space in your home where you can make this work? Do some research first."

A LOOPHOLE LET GO?

WORKPLACE LAW

DANIEL LUBLIN
DAN@TORONTO-EMPLOYMENTLAWYER.COM
TWITTER: @DANLUBLIN

It is possibly the biggest loophole in workplace law: corporations terminating long-term employees and providing them with only the bare minimum severance. While it is not technically illegal, these former employees are clearly being exploited. But after a recent Ontario case, that loophole may have just been closed.

Luis Romero Olguin came to Canada in 1979 and started work for cabinetry maker Canac Kitchens shortly after. When Canac recently closed its Canadian plant, Olguin was terminated as part of a mass layoff, at the age of 55 and after 24 years of service. Canac deliberately provided Olguin with only the minimum severance and benefits required by legislation, aware that this was considerably less than the "fair" amount that courts oblige employers to provide, based on their age and service.

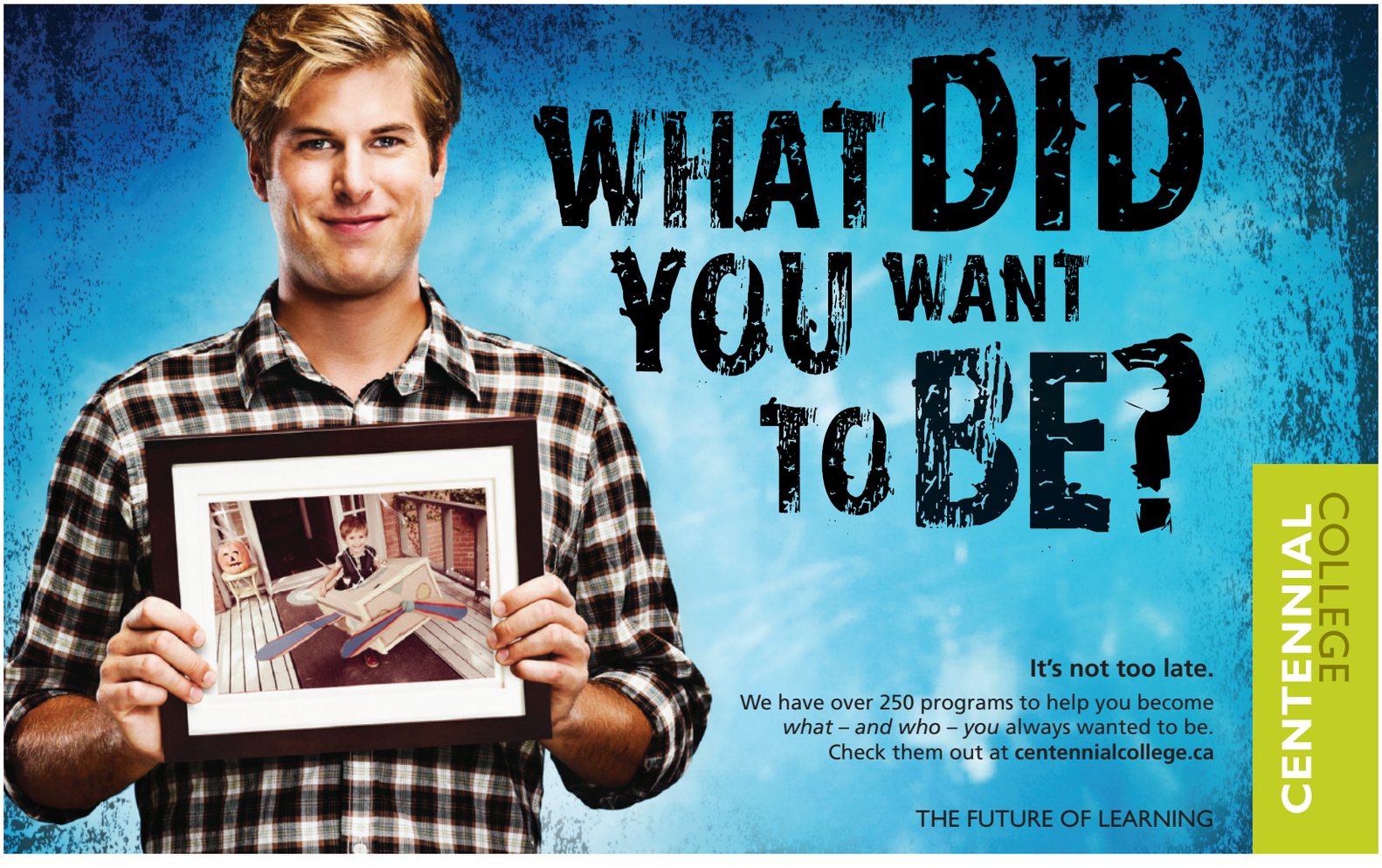
Shortly after his termination, Olguin was diagnosed with throat cancer that prevented him from working. He sued Canac in a claim that took nearly five years to reach trial, a fact not lost on the judge who referred to Canac's decision to litigate its many disputes with its former long-term employees.

According to the court, Canac was required to "make Olguin whole" after termination, which means it had to continue his salary and benefits for a reasonable period of time. Instead, the judge noted that Canac "chose to go the bare minimum route," consciously providing just the "minimums in pay and benefits" and gambling that Olguin would stay well.

Olguin was awarded damages in the hundreds of thousands for lost disability benefits on top of wrongful dismissal damages for the lack of fair severance. The court then denounced Canac's "hardball approach," in consciously paying Olguin just the bare minimum, by awarding him punitive damages, usually reserved only for outrageous employer misconduct.

In light of this precedent, employers must now think twice about paying only the minimum or risk paying additional damages far in excess of the original claim.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP. HIS FULL ARTICLE CAN BE READ ONLINE AT METRONEWS.CA



4 sports

Return of the King

Back in the NBA finals for first time since suffering sweep in 2007, LeBron is 'honoured' to be there

LeBron James walked through the tunnel leading from the Miami Heat locker-room yesterday, stepped onto the court and gave a yell. He looked down at the NBA finals logo newly affixed on the floor, smiled and nodded.

With that, it became real. His championship chance — the biggest reason he came to Miami — has finally arrived.

Swept out of his only other finals appearance four years ago, James will get his long-awaited second opportunity starting tonight when the Heat host the Dallas Mavericks in Game 1 of the NBA's title series. After a year like no other in his life, starting with the much-criticized "Decision," his jerseys being torched in Cleveland and never-ending, intense scrutiny of his every move, the last challenge will likely prove to be the toughest of them all.

"I'm honoured to be here once again," said James, who led the Cavaliers to the 2007 finals and lost in four games to San Antonio. "Now with this franchise, it's an honour. As players, we worked hard. I worked hard individually to get to this point. And I had a lot of visions of being in this moment and now it's hit me, being on that floor, seeing the championship logos and everything, the finals logos. I'm very excited."

It showed yesterday.

He chatted with teammates, taking part in a long shooting contest with Dwyane Wade, Eddie House and others, looking perfectly comfortable as dozens of photographers clicked away for 30 straight minutes. By now, being in the microscope is an accepted part of the deal for James, who has been dealing with this since his high school days.

Away from the court, though, those who are around the two-time NBA MVP say his focus is even sharper than usual. Winning a title likely won't change perceptions about James. His fans will surely remain fans, his critics will surely remain critics, no matter what happens. But to him, a championship would mean everything that took place since he publicly said he would join the Heat was all worthwhile.

THE ASSOCIATED PRESS

MAVERICKS HEAT

▶ **Time:** 9 p.m.
TV: TSN, ABC

DAVID J. PHILLIP/THE ASSOCIATED PRESS

▶ Dwyane Wade, left, and LeBron James share a laugh yesterday during practice.

Quoted

"Normally, when you're our age, people count you out. They say you don't have anything left in the tank. But as you get older in this league, you get wiser."

MIAMI'S JUWAN HOWARD, ON DALLAS'S JASON KIDD. HOWARD WAS DRAFTED A FEW SPOTS AFTER KIDD IN 1994-95 AND IS THE ONLY PLAYER OLDER THAN KIDD IN THIS YEAR'S NBA FINALS. BOTH PLAYERS ARE 38.

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RICH LAM/GETTY IMAGES

▶ Vancouver's Ryan Kesler battles with Boston's Tomas Kaberle during a regular-season game in February in Vancouver.

Cup final has makings of a classic

Bruins plan to be physical against well-rested Canucks

The date was Feb. 26, there were stars aplenty on both sides, and the Vancouver Canucks and Boston Bruins met on Hockey Night In Canada in what turned out to be a dandy.

Little did they know that the Bruins' 3-1 victory in Vancouver would turn out to be a preview of the Stanley Cup final.

But to the Bruins, it was just one regular-season game out of 82. Sure, it was a big win. Tim Thomas made 26 saves and Vancouver native Milan Lucic scored the game winner. It was a feel-good night, for sure.

The Bruins practised one last time in Boston yesterday before heading to Vancouver and were complimentary of their opponent.

"Obviously, they're a President's Trophy winner, they're a great hockey team, deep and well coached, and we'll look at things we have to do," Bruins forward Mark Recchi said. "Any key to your team's success is how you play personally. I think we focus on what we do ourselves ... It's who's going to want it more and who's going to play to their abilities the best."

By the time the puck drops in Game 1 tomorrow night, the Canucks will have had seven days off.

"That's a real challenge for us, to be aggressive but not be stupid about it. So we have to be smart in our defensive play."
BOSTON'S DENNIS SEIDENBERG ON DEFENDING THE SEDIN TWINS

The Canucks have many weapons, most notably Daniel and Henrik Sedin, the twin forwards who, along with forward Ryan Kesler and goaltender Roberto Luongo, have led this Vancouver renaissance. Together, the Sedins have 37 points this post-season, and Daniel has eight goals.

Kesler could be the X-factor, though. Too much concentration on the Sedins, and the rugged centre will pounce. Kesler scored 41 goals in a breakout regular season and has followed that up with seven goals and 11 assists in the playoffs.

"There is a lot of skill, there is a lot of speed," Boston coach Claude Julien said in reference to the Canucks. "So they are a pretty potent team and, obviously, they thrive on their power play. So we are going to have to be a physical team. But we are also going to have to be a very disciplined team."

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STANLEY CUP FINAL

Canucks study tape of alien B's

Every edge counts and the Vancouver Canucks are looking to video to provide one in the Stanley Cup final against the Boston Bruins.

The series opener is tomorrow night, but the teams hardly know each other in game situations because they play in different conferences.

They face each other maybe once a year, during the NHL's regular-season grind with little preparation time.

But the two clubs will know each other a little better through video before they step on the ice in Vancouver.

"That's what we're going to use the next couple of days for," goalie Roberto Luongo said after yesterday's practice.

"We're going to get as much video as we can on them, go through their players, making sure we know everything we need to know about them, their systems and their tendencies and make sure we're as ready as we can be and we don't get any surprises."

Even though he used to play in the Eastern Conference, Luongo said he is familiar with only two Bruin forwards — Nathan Horton and Patrice Bergeron.

"Most of them are going to be (familiar) through video and talking to (goalie coach) Rollie (Melanson) and guys who have played with their players," Luongo said.

Coach Alain Vigneault said watching video of the Bruins will be like looking at a brand new opponent.

"That one game in the season is probably not reflective of how both teams play on a regular basis," Vigneault said.

"I don't think you can put too much emphasis on the stats from that game."

One Canuck who won't need much video to become familiar with the Bruins is Maxim Lapierre, who has faced them many times as a member of the Montreal Canadiens.

His scouting report was succinct and to the point. "It's a team that's going to show up every shift on the ice," he said.

"It's going to be tough and it's going to be a war."

THE CANADIAN PRESS

Reports say Thrashers' move to Winnipeg nearly done

The Winnipeg NHL watch continues with reports that the Atlanta Thrashers' sale could be complete this week, possibly as early as today.

The Thrashers' owners are in negotiations with True North Sports and Entertainment, which wants to move the team to Winnipeg.

While reports suggested the news might come sooner rather than later, those in the know chose their words carefully yesterday afternoon.

True North spokesman Scott Brown told The Canadian Press via email that "no press conference has been scheduled as of yet."

And NHL deputy commissioner Bill Daly wrote in an email that "there is nothing done as of now."

The NHL would likely prefer the Thrashers' sale is announced on a Stanley Cup final off-day.

Still, Daly told The Associated Press yesterday there is no strict rule against releasing big news during the final.

Daly said, "It's certainly possible something will be finalized this week."

Yesterday was Memorial Day in the U.S.

The two sides have been working through complex legal details on the sale and relocation of the team. Thrashers fans' hopes for a late local buyer have not been realized.

NHL commissioner Gary Bettman said on his weekly radio show Thursday that the inability to find an owner who wants to keep the team in Atlanta is a barrier the league can't overcome.

"It would be one of those head scratchers where you say, 'Look at all of this great corporate opportunity, look at all of this grassroots hockey, why doesn't somebody want to own a team here?'" Bettman said. "And that would be a difficult but unfortunate situation to be dealing with if it has reached, or does reach that point."

THE CANADIAN PRESS

FIFA boss defends his embattled organization, says Qatar to keep tourney

In the face of FIFA's worst scandal in its 107-year history, a seething Sepp Blatter denied it is in crisis yesterday as he moved closer to a fourth presidential term as head of the world's most popular sport.

With his only challenger, Mohamed bin Hammam of Qatar, provisionally suspended along with FIFA vice-president Jack Warner due to bribery allegations, Blatter said the two had done "great damage" to football as the scandal spread to the awarding of the 2022 World Cup to Qatar.

During an impromptu news conference at an overcrowded FIFA headquarters ahead of tomorrow's election, an intense Blatter gave staccato answers to difficult questions and lectured journalists to behave with "respect" and "elegance" when they queried his 13-year rule.

"You are not in a bazaar here, you are in the FIFA house," Blatter scolded one heckling reporter.

Blatter ended another turbulent day for world football's governing body by vowing to restore order to FIFA, and dismissed evidence that his second in command had suggested Qatar "bought" the right to host the 2022 World Cup.

"We are not in a crisis, we are only in some difficulties and these difficulties will be solved — and they will be solved inside this family."
SEPP BLATTER

It came a day after Bin Hammam and Warner were sidelined by an ethics committee over allegations that Caribbean football leaders were paid $40,000 US each to back bin Hammam's now-abandoned presidential bid.

"Crisis? What is a crisis? Football is not in a crisis," Blatter said during a spirited and sometimes raucous news conference.

Highlighting the unease within a sport that has long learned to live with scandal, leading sponsor Coca-Cola joined sporting goods giant Adidas in stating their unhappiness at the claims.

Coca-Cola said in a statement to The Associated Press that "the current allegations being raised are distressing and bad for the sport," adding "we have every expectation that FIFA will resolve this situation in an expedient and thorough manner."

THE ASSOCIATED PRESS

Get back Jo-Jo ... into win column

- Jays whip Indians 11-1 to give pitcher his first victory since 2008
- Reyes had gone 28 starts without a win, tying a major league record

11	1
BLUE JAYS	INDIANS

Jayson Nix belted a two-run homer and Jo-Jo Reyes won his first game in almost three years as the Toronto Blue Jays defeated the Cleveland Indians 11-1 at Rogers Centre last night.

Nix put the Blue Jays on the board in the third inning when he sent a 2-2 pitch from Fausto Carmona into the second deck in left field. That was enough offence for Reyes (1-4), who went the distance as Toronto (28-26) won its fourth straight game.

The Blue Jays broke the game open in the fourth inning with seven runs off Carmona (3-6). The American League-leading Indians fell to 31-20 with the loss.

Reyes had gone 28 starts without a victory, tying him with Matt Keough (Oakland, 1978-79) and Cliff Curtis (Boston, 1910-11) for the longest winless stretch by a starter in major league history. Reyes last recorded a win June 13, 2008, when his Atlanta Braves beat the Los Angeles Angels.

The tall left-hander put runners on in each of the first three innings but managed to work his way out of trouble each time.

Michael Brantley led off the game with a single, but the Jays turned a nice 5-4-3 double play to snuff out the threat.

THE CANADIAN PRESS

NATHAN DENETTE/THE CANADIAN PRESS

▶ Jo-Jo Reyes pitches last night against the Cleveland Indians.

Nadal advances to quarter-finals

Rafael Nadal improved his record at Roland Garros to 42-1, beating Ivan Ljubicic 7-5, 6-3, 6-3 yesterday to reach the quarter-finals of the French Open.

The five-time champion was not troubled on Court Philippe Chatrier, and the win kept him on course to equal Bjorn Borg's record of six titles on the Parisian clay.

"I have improved since the tournament started," said Nadal, who was pushed to five sets in the first round. "I'm able to play better and I'm going to continue on this path."

Novak Djokovic also had a successful day, even though he wasn't scheduled to play. The second-seeded Serb reached the semifinals of the tournament — where he could meet Roger Federer — when quarter-final opponent Fabio Fognini withdrew because of injury.

"Walkover from Fognini. Bad luck for him, hope he recovers fast. Today i get to enjoy Paris in a different way :-)" Djokovic wrote on Twitter.

Maria Sharapova also advanced yesterday, as did Australian Open runner-up Li Na. Fourth-seeded Andy Murray and Viktor Troicki of Serbia were even at two sets each when their match was suspended because of darkness at 4-6, 4-6, 6-3, 6-2.

Nadal won four straight titles at the French Open before losing to Robin Soderling in the fourth round in 2009. He will face Soderling in the quarter-finals this year after the fifth-seeded Swede defeated Gilles Simon of France 6-2, 6-3, 7-6 (5).

"For me it will be a tough match," Nadal said minutes before Soderling completed his victory. "He's played two finals here at Roland Garros, so he knows what this means. He's got to play his best tennis."

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▶ Rafael Nadal

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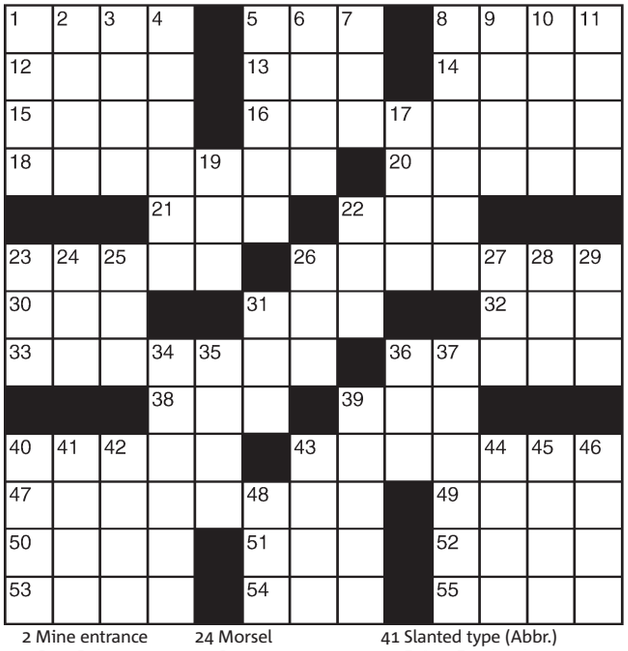

Across

1 Ragamuffin
5 Suitable
8 Academic
12 Stench
13 Bakery purchase
14 Jason's ship
15 New Zealand bird
16 Norm
18 Livingstone's rescuer
20 Just sat there
21 Petrol
22 Individual
23 Westminster, for one
26 Of tin
30 Round Table address
31 Enthusiast
32 Alias abbr.
33 Suffragist Elizabeth Cady —
36 Just defeated, with "out"
38 Eg. and Syr., once
39 Pigpen
40 Actor Quinn
43 Comedy style
47 Horse-drawn carriage
49 Emanation
50 Body powder
51 Sheepish remark?
52 Periodicals, for short
53 Sheltered
54 Doctrine
55 Bullring bravos

Down

1 Stir-fry vessels
2 Mine entrance
3 Corn Belt state
4 Surrey decoration
5 Church sections
6 Compassion
7 Afternoon beverage
8 Enrage
9 Exam format
10 Shrek, for one
11 Lincoln in-law
17 1492 carrier
19 Deposit
22 Mel of Cooperstown
23 Donkey
24 Morsel
25 Support system?
26 Baltimore newspaper
27 Gripe repeatedly
28 Eisenhower
29 Scoundrel
31 Neither partner
34 Subtlety
35 Trig. function
36 Greek vowel
37 Generator
39 Kettle output
40 "The Thin Man" dog
41 Slanted type (Abbr.)
42 Driver Earnhardt
43 Resorts 44 Two-way
45 Desire 46 Elapse
48 Japanese sash

▶ Yesterday's answer

T	U	T	U		F	I	E		A	C	H	Y
O	V	E	N		O	D	E		C	H	O	U
M	E	N	S		R	O	L	L	C	A	L	L
B	A	D	E	G	G		S	I	R	R	E	E
			A	L	I	T		S	U	I		
R	O	L	L	O	V	E	R		E	S	S	E
E	R	A		B	E	N	E	S		M	I	L
V	E	N	T		R	O	L	L	B	A	C	K
		C	A	P		R	A	U	L			
E	R	E	B	U	S		P	R	O	N	T	O
R	O	L	L	B	A	R	S		W	O	O	D
O	B	O	E		R	O	E		U	N	T	O
S	E	T	S		A	D	D		P	E	E	R

Sudoku

3		9	2		4			
8					9	2		
	4				7		1	
	1			2				3
	8						6	
6				5			7	
	3		8				2	
		6	7					1
			1		6	5		9

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Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	1	7	4	2	8	5	6	9
6	5	9	1	3	7	2	4	8
8	2	4	5	9	6	7	1	3
1	8	3	2	6	5	4	9	7
2	7	5	9	1	4	3	8	6
4	9	6	7	8	3	1	2	5
7	6	8	3	4	2	9	5	1
9	3	2	8	5	1	6	7	4
5	4	1	6	7	9	8	3	2

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Today's horoscope

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♈ Aries March 21-April 20 Do something that others do not approve of.

♉ Taurus April 21-May 21 Amaze friends and family alike: do something unexpected.

♊ Gemini May 22-June 21 Are you the only sane person left in the world? Maybe you are, but more likely you are seeing things from the wrong angle.

♋ Cancer June 22-July 22 Don't bother trying to reason with other people today, because they are driven by emotion and superstition.

♌ Leo July 23-Aug.23 Do whatever it takes to stay in good spirits.

♍ Virgo Aug. 24- Sept. 22 Just because others are greeting the day with a frown does not mean you have to do likewise.

♎ Libra Sept. 23-Oct. 23 If you don't feel like working today then don't force yourself.

♏ Scorpio Oct. 24-Nov. 22 You are where you are, so get real and make the best of it.

♐ Sagittarius Nov. 23-Dec. 21 There are days when it is wiser to keep your thoughts to yourself and this is one of them.

♑ Capricorn Dec. 22-Jan. 20 Employers and colleagues will be demanding today.

♒ Aquarius Jan. 21-Feb. 18 There is a thin line between genius and folly.

♓ Pisces Feb. 19-March 20. Don't let your imagination get in the way of logic.

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